



Vol. 46, No. 35 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, Sept. 30, 2005

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# Samurai maintainers shine in PACAF inspection

## Evaluations yield high marks, praise for Airmen's attitudes, job aptitudes

By Senior Airman Katie Thomas  
 Editor

The hundreds of airlift maintainers stationed here have something to celebrate.

After a thorough five-day inspection by their Headquarters Pacific Air Forces counterparts, these Samurai warriors earned high compliance ratings and compliments.

"You have some good people out there," said Maj. Ben Alley, PACAF. "They are highly competent professionals with a 'fix-it' attitude along with a great sense of teamwork and motivation for the job."

More than two dozen inspectors combed through files and watched the Samurai maintainers in action on the flightline.

The 374th Maintenance Group was 87 percent compliant overall in its technical evaluation, said the major. Areas the inspectors looked at included: aircraft and equipment quality; technical orders; maintenance documentation; safety and housekeeping policies; scheduled maintenance programs; quality assurance evaluation programs; com-

mand logistics items; and more. Highest rated was the group's quality assurance section with 100 percent compliance.

"This wing's QA section has very solid program managers who are very skilled at what they do," said Major Alley.

The wing's aircraft maintenance squadron achieved a 90 percent compliance rating. The squadron was lauded for its proactive production supervision and active, visible senior supervisors, noted the inspectors.

"We as inspectors really appreciated how the Airmen were truly proud of their work and their jobs, and how they were positive and enthusiastic throughout the entire inspection," explained Major Alley.

The 374th Maintenance Squadron came in with an 86 percent compliance rating. The fuels flight gained praise for its impressive technical orders library, and the AGE flight was spotlighted for its Airmen's talent and excellent housekeeping practices, said the inspectors.

Col. Michael Riddle, 374th Maintenance Group commander,

said he is extremely proud of his Airmen but he is eager to address the discrepancies that the inspectors reported.

"The quality of people we have out on that flightline is undeniable," he said. "They are some of the most talented and motivated maintainers the Air Force has, but I have some fixing to do in a few areas."

The group will be re-evaluating and revamping some of its local policies on maintenance documentation, said Colonel Riddle. It will also continue to improve its scheduling programs.

Inspectors also took a peek at the wing's munitions program.

Chief Master Sgt. William Rozzo, PACAF inspector, said that the wing solidly supported its program, and the program's Airmen were highly professional. Staff Sgt. Daniel Cain was recognized for his contributions to the wing's program and his proficiency as a member of the munitions flight.

The following maintainers were also recognized as superior performers during the maintenance evaluation: Master Sgts. Eric



photo by Senior Airman Katie Thomas

**Master Sgt. Eric McInnis (right) watches and listens as Pacific Air Forces maintenance standardization evaluation program inspectors reviews scheduling information with him. Sergeant McInnis was recognized as one of more than a dozen superior performers during the five-day inspection held here.**

McInnis and Mary Knode; Tech. Sgts. Scott Owejan, Anselmo Betancourt Jr., Jimmy McBee, and John Carpenter; Staff Sgts. Howard Sherman, Thomas McCauley, Salvador Leonido, Christopher Pouncey, Jason Turk, Valda Wilson, Roger Clark, and Dana Derby; Senior Airmen Kazya Gillis, Patrick Vantatenhove, and Rachel Faulkner; Airmen 1st Class Steven

Conine, Justin Grubbs, Andrea Jones, Bonnie Sgroi, and Samantha Torres; and Airman Kimkeisha Ivey.

The following maintenance squadron flights were recognized for superior performance: A/R shop, wheel and tire shop, ISO dock, and transient alert.

The MOC Team was also lauded for its performance.

### Happy birthday, Air Force!



photo by Masao Abe

**Brig. Gen. Joseph Reheiser, 5th Air Force vice commander, and Airman 1st Class Joseph Wellman, 730th Air Mobility Squadron, cut the cake at the Air Force Ball held on Sept. 24. Traditionally, the most senior ranking and the most junior ranking military members at the ball cut the cake together each year. The Air Force Ball celebrated the 58th anniversary of the Air Force and Yokota's 60th anniversary. Approximately a thousand Airmen and their significant others attended the ball.**

## Wing hosts bilateral JASDF visit

By Staff Sgt. Karen J. Tomasik  
 374th Airlift Wing Public Affairs

Nearly 60 members of the Japan Air Self Defense Force from surrounding Japanese air bases toured 374th Airlift Wing organizations during a bilateral visit Sept. 23.

Enlisted JASDF members of all ranks, from junior airmen through senior noncommissioned officers, visited several locations throughout the base including American Forces Network, several 374th Services Division facilities and the 374th Operations Support Squadron Radar Approach Control and Airfield Operations sections.

The first tour was of the Yokota Airman Leadership School where JASDF members participated in an extensive ques-

tion and answer session with the instructors and flight chief.

"This visit was a good opportunity for the JASDF to see how our enlisted force is critical to Yokota accomplishing its mission," said Chief Master Sgt. Cathy Barker, 374th AW command chief.

Following a tour of AFN, the group stopped to eat lunch at the Yokota Community Center before moving on to tour the Samurai Café and Kanto Lodge operated by the 374th Services Division and sections of the 374th OSS.

The last portion of the trip included Yokota C-130 Hercules static display tour conducted by Capt. Greg LeCrone, 36th Airlift Squadron pilot, and Staff Sgt. Ricardo Santiago, 374th Aircraft Maintenance Squadron crew chief.

"We were able to answer

JASDF questions on our C-130 capabilities," said Captain LeCone. "It was a good experience sharing some knowledge with our counterparts."

The tour was coordinated by Master Sgt. Randy Sadler, 374th AW bilateral event representative, who said the tour was a great success.

"We were able to conduct this bilateral tour to help the JASDF understand our enlisted force structure and how it fits into the Air Force mission," said Chief Barker. "We also conduct other bilateral events throughout the year including NCO exchange programs with Miho Air Base. All these programs create an understanding of each other's missions and build lasting relationships with our Japanese hosts."

**ORI countdown: 163 days**



# Assistant principal retires after 42 years of service

By Senior Airman Katie Thomas  
Editor

The assistant principal at Yokota West Elementary School is hanging up his hat.

After more than two decades of serving military children, Mr. Dave Crittenden is retiring to Honolulu, Hawaii, with his family.

"I am going to miss the teachers and students," he said, "but I have reached that age when most people retire and I can't go on forever."

Mr. Crittenden said his Department of Defense Dependents' Schools service began back in 1963 after completing a master's degree in education. Prior to that, he was

drafted into the Army in 1960 as a security policeman.

He taught in a school in Massachusetts for two years, then heard about the DoDDS overseas program.

"I really like to travel and to visit foreign countries, and I think that is what drew me to it," explained Mr. Crittenden.

His first assignment found him in Okinawa with a middle school of more than 2,000 students.

Following assignments brought Mr. Crittenden even more memorable challenges and experiences, not to mention historical crossroads.

He witnessed Ferdinand Marcos come

to power and overthrow the Filipino government in the 1970s; he had a front row seat to the rise and assassination of South Korea's Park Chueng Hee; and he was among the American evacuees during the Philippines' Mount Pinatubo eruption in 1991.

"I still remember hearing all the gun shots, and watching the news and knowing that I am were all these events are happening," Mr. Crittenden recalled.

He spent 25 years as a school principal, 15 years as an assistant principal, and two years as a teacher, all throughout the schools in Japan, Korea, the Philippines, Okinawa and Washington, D.C.

"I found out that I liked being an assistant principal best because I got to visit with students and teachers more than when I was principal," said Mr. Crittenden.

He also said that he encourages students and teachers alike to keep studying and to do their best to keep up with the times and the technology.

"I can see lots of changes coming soon for American school systems, and DoDDS is already leading it," he said. "Be willing to change with it all."

After he retires, Mr. Crittenden said that he plans on enjoying time with family, exercising, reading, investing, and is considering opening a business with his wife, Fawn.

## And now a special holiday message ...



photo by Master Sgt. Lance Cheung

**The Holiday Greetings team gathers video greetings from servicemembers, Department of Defense civilians and their families then sends the greetings to radio and television stations in the United States. The team will be recording greetings here Monday from 10 a.m. to 8 p.m. at the Taiyo Recreation Center.**

## Red Cross chapter needs, offers assistance

### Local organization holding disaster classes, orientations during October

By Master Sgt. Dominique Brown  
374th Airlift Wing Public Affairs

The American Red Cross Yokota Chapter more than fulfills the Fundamental Principles of the International Red Cross Movement in its mission to provide relief to victims of disasters and help people prevent, prepare for, and respond to emergencies.

"We provide emergency messaging services for military personnel regarding birth announcements, deaths, serious illnesses, breakdowns in childcare, health and welfare reports, and other personal or family troubles," said Ingrid Torres, assistant station manager.

"We offer disaster services which include the disaster preparedness courses," Ms. Torres said.

These classes are available: introduction to disaster services on Saturday from 9 a.m. to noon; mass care on Saturday from 1 to 5 p.m.; and shelter operations on Oct. 29 from 9 a.m. to 5 p.m. These courses are free of charge.

There are also Health and Safety courses available such as cardiopulmonary resuscitation, first aid, lifeguarding, swimming, and babysitting.

However, the Red Cross could not exist or provide all their services without the assistance of its volunteer staff and

donations from community members.

"One current volunteer opportunity is to go to the states as part of the hurricane relief effort," said Ms. Torres. "Other volunteer positions include publicity, community activities, records and recognition, disaster services, instructing CPR and Babysitting courses, medical services and clerical work."

Volunteer orientations are held every second Thursday of the month at 9 a.m. and every fourth Thursday of the month at 3 p.m.

To register for courses, volunteer or make donations contact Yokota's American Red Cross office at 225-7522.

**AF Climate Survey launches Oct. 1:** RANDOLPH AIR FORCE BASE, Texas (AFPN) – Airmen have the power to shape the future when the 2005 Air Force Climate Survey launches Oct. 1.

The survey, offered every two years since 1997, measures how people feel about leadership, supervision, training, recognition and other aspects of the Air Force.

The survey runs through Nov. 23 and can be completed online anytime during the survey period from either a government or personal computer. The survey can be found at <https://afclimatesurvey.af.mil/>. (Courtesy of Air Force Manpower Agency Public Affairs)

## NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at [www.af.mil](http://www.af.mil)

**Air Force continues to support, stands ready in the wake of Hurricane Rita:** WASHINGTON (AFPN) – Approximately 800 Airmen, 91 aircraft and 31 equipment packages have actively supported Hurricane Rita response efforts and continue to stand ready.

Pararescue teams with the Air Force Reserve's 920th Rescue Wing at Patrick Air Force Base, Fla., and the 347th RQW at Moody AFB, Ga., remain on ground alert at Randolph AFB, Texas, and at Ellington Field in Houston, after completing 23 missions and nine saves in response to Rita, as of Sept. 26.

**Air Force issues headphone guidance for PT uniforms:** RANDOLPH AIR FORCE BASE, Texas

(AFPN) – Air Force officials issued guidance for the wear of headphones while wearing the official physical training uniform.

Airmen dressed in the PT uniform are authorized to wear headphones while participating in personal fitness and other off-duty activities said officials at the Air Force Personnel Center here. However, headphones cannot be worn in formation, during organized unit physical training sessions or while performing official duties. Commanders may further deny headphone wear if conditions are determined to be unsafe.

# AD

*Dispute resolution helps civilian force*

Alternate dispute resolution is becoming a staple in the federal government and helping agencies resolve disputes more effectively and efficiently.

It covers a broad range of joint problem-solving processes which basic purpose is to settle disagreements without litigation, said the Equal Employment Opportunity officials here. Virtually any type of workplace disputes or dissatisfactions are candidates for ADR.

The ADR technique known as mediation has become the most frequently used approach to resolving disputes. A mediator appointed by the ADR manager uses guided discussion to help the parties arrive at an agreement resolving the conflict.

The decision to use ADR for a particular complaint is completely voluntary. Management and the complainant must both agree to use ADR. Once the ADR proceeding has begun it can be terminated by either party.

Mediation, at this time, is set up for our GS and NAF employees only.

For more information, call 225-8186.

*(Courtesy of wing Equal Employment Opportunity office)*

*PACAF band to perform with JGSDF Central Band*

Family-oriented event features big-band jazz pieces, marches

**By Master Sgt. Dominique Brown**  
374th Airlift Wing Public Affairs

The Yokota community is hosting a historic joint concert Oct. 8 at the Sakura Shell on the east side.

The U.S. Air Force Band of the Pacific-Asia’s Pacific Showcase will perform with the Japanese Ground Self Defense Forces Central Band

from 4:30 to 6:30 p.m.

This is an extraordinary event because the Air Force band and the JGSDF Central band have not performed together since the 1950s.

The 20-member Pacific Showcase band will begin the first half of the two-hour concert with “big band jazz” for a 30-minute set. The JGSDF 70-piece Concert Band will follow with 30 minutes

of classic and pop instrumental music.

The two premier bands will then perform together during the second half of the concert for a first-class 45-minute set.

“The JGSDF Central Band, also known as the ‘Emperor’s Own,’ is similar to the U.S. ‘President’s Own’ Marine Corps Band,” said Capt. Daniel Price, Band of the Pacific-Asia commander.

Pacific Showcase performs all over the PACAF Theater for a wide range of audiences to include a recent concert for the King of Thailand. The band features brass instruments, a rhythm section and a vocalist for traditional big band jazz music.

Local Japanese and base community members have been invited to attend.

Food and drinks will be sold by private organizations at the concert, however, attendees are welcome to bring their own refreshments. Blankets or lawn chairs are also allowed.

The joint concert will be cancelled if it rains Oct. 8.

*Fire department: keep close eye while burning candles*

**By Staff Sgt. Crispin Pacificar**  
374th Civil Engineer Squadron

Candles can lift our spirits, yet they can easily result in disaster.

In 2001, home candle fires killed 190 people and caused more than a quarter million dollars in property damage in the U.S., according to the latest data from the non-profit National Fire Protection Association. That data also show that candles started more reported home fires in 2001 than at any point since 1980, the first year of available data.

Tragedies like these happen every day, and Yokota Air Base is no exception.

Used safely, candles can fill homes with fragrance and create a calming and welcome

mood. But a fire can easily start when a candle is left unattended or left burning while someone sleeps.

**Here are some tips to consider when using candles:**

- ✓ Place candles on stable furniture, in sturdy holders that will catch dripping wax.
- ✓ Never leave a candle unattended.
- ✓ If the power goes out, use flashlights for illumination, not candles.
- ✓ Keep candles away from all things that can catch fire.
- ✓ Place candles on higher furniture, where they won’t be knocked over.
- ✓ Never place lit candles in windows, where they could ignite blinds or curtains.
- ✓ Don’t allow children or teens to

have candles in their bedrooms.

✓ Ask questions about the candles and candle-holders. There are new standards that major suppliers will follow, to make sure the candles and candle-holders won’t break, tip over, or otherwise malfunction in ordinary use.

✓ Extinguish candles carefully, using a long-handled candle snuffer or a soft, directed breath. Be careful not to splatter wax when extinguishing.

The Yokota Air Base Fire Department is raising awareness Oct. 9 to 15 during Fire Prevention Week. There will be demonstrations at the Yokota Community Center Oct. 8 beginning at 11 a.m. Yokota and Tokyo Fire Department firefighters will display their vehicles, smokehouse demonstration and more.

AD

# Sage advice goes beyond medical terms

## Yokota doctor looks back on mentoring from medical school

By Lt. Col. William Thomas  
374th Aerospace Medicine Squadron

When I was a second year medical student, I had a night-job at the University of Mississippi Medical Center working as an EKG technician.

This entry-level medical technician's job exposed me to numerous patients and doctors and taught me a great deal.

Somewhere up the supervisory chain, far above me was the most senior cardiologist. He was an esteemed and learned man with decades of experience. I had the opportunity to see Dr. Thomas Blake frequently when I came in to work, and as a novice to the

medical environment I did not hesitate talking to him and asking questions.

On one occasion, I recall asking him something about the supplies and the "pads" that we used. He gave me a mild scrubbing then on the use of language that went something like this:

"What pads are you talking about? Note pads? Absorbent pads? Or do you mean disposable adhesive electrodes? You have to say exactly what you mean. You must use precise language so you can be clearly understood. ..."

In another instance, I asked him some questions about a clinical problem. My understanding of the issues was limited at

best. This was not a life or death situation by any means, and I imagine that I was probably somewhat of a nuisance to the very wise old physician — nevertheless he listened patiently to me and clarified the question that I was asking. After understanding the problem as well as he could, given the information I was able to provide, he answered, "Do the right thing."

I left that encounter frustrated at that time, but over the years I realized how very wise Dr. Blake was. He listened and clarified, and then when he realized that he couldn't advise me, he offered the best advice that he could. He gave advice which fits any situation — advice which I still think of often to this day.

Communicating precisely is a key task for all of us in our daily

work. This includes asking questions, understanding issues and collecting information to advise our supervisors. Sometimes you might hear me tell you "what I think I heard you say," or repeat back to you what you told me. This strategy is very common among physicians and medical personnel, and is now even part of a national patient safety program to help minimize errors in patient care that come from ineffective communication.

Looking back on those times, I am amazed at how good Dr. Blake was with me — a very young and inexperienced medical team member who did not even realize how much he did not know. He taught me by being kind, by encouraging me to communicate precisely and by challenging me to always do the right thing.

## Chief's Corner

## CS senior enlisted advises Airmen to fight laziness, do job right first time

By Chief Master Sgt. Linda Ferrell  
374th Communications Squadron

"Do it right the first time." Words you expect to hear from a chief, right?

You can probably count on hearing them from a supervisor and other higher ups.

The mentality of doing it right the first time applies whether you are a doctor, dentist, aircraft maintainer, communicator, security forces member or one of the other important specialties that keeps our Air Force going.

The message is a simple one.

And the simplicity of the message is probably why no one really gives the meaning behind the message a lot of thought. Managers and supervisors expect their people to do it right all the time. They do, or at least they should. However, you'd be surprised at how many people don't or won't do it right at first.

From experience I can say most people don't wake up in the morning with the sole intention of doing a bad job. What usually happens is we get in a hurry, get complacent, take shortcuts or, let's face it, we get just plain lazy. The very first lesson you learn when you don't do it right the first time is that you always have the time to do it right the second time.

For instance, as you go about your busy Yokota day of preparing a meal for 1,000 plus patrons, securing the base, fixing teeth, keeping the base network up, or pre-flighting an aircraft for tomorrow's sortie — you find yourself tempted to cut a corner, or you feel rushed to "get 'er done", think about this question, "how much pain do you want?"

For the chef who got behind the power curve, turns up the heat so the food cooks faster — it burns. Patrons now only have one entrée instead of two and the general just happens to eat in the dining facility that day.

The dentist whose schedule is too full does not wait the time it should take to numb up the patient's mouth and starts to work anyway. Now there's lots of physical pain. That patient is no longer willing to return for simple treatment or preventive measures.

The communications technician gets the latest gizmo software that everyone wants and puts it on the network without following the first step of the checklist and the base network crashes — the squadron commander gets a 2 a.m. wake-up call.

The crew chief given the task of pre-flighting an aircraft that was a last minute change to the flying schedule with an early

morning take-off. He already had his tools turned in, his wife is picking him up in 15 minutes. He misses the tiny crack on the fuel tank fuselage that doesn't leak until the engines are running. The wing misses a sortie.

Let me take this message up a notch to the wing's preparation for an Operational Readiness Inspection. As we gear up for it, it's critical we "do it right the first time." We have a lot of new people and a lot of new processes to be trained on. The Operational Readiness Exercises, by design, increases the ops tempo and our day-to-day business. People are often frustrated, stressed out and tired, which are the breeding grounds for shortcuts and "this is good enough for government work" attitudes. Pain is inherent during OREs, however it is nowhere near the level of what it would be if we failed.

Years ago a crusty old senior noncommissioned officer gave me some advice, "Linda, doing the right thing first should feel like a natural occurrence, if you ever have to stop and think about it, it's wrong ... don't do it."

Everything you do affects someone else. If you fail, people could suffer. Embrace the concept of doing what you do for the Air Force right the first time.



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### Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

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Publisher

## DUI Prevention

Sept. 24 – Oct. 1	0
Total DUIs in September	0
Total in 2005	6

### Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't  
drink and drive.  
Call 225-RIDE!*

## Action Line

**E-mail: Action.lines-1@yokota.af.mil**

The Action Line is your direct line to me. Use it if you have questions or comments about Yokota, which couldn't be resolved by your chain of command first. When you send an e-mail, please include your name and phone number if you need to be contacted for more information is needed.

**Col. Scott Goodwin**

374th Airlift Wing commander

**Q** It is not at all uncommon to see individuals sitting directly beneath the "No Smoking" signs while smoking their tobacco products at the Yokota Community Center. I was won-

dering if there is there anything that can be done to further enforce these rules. Thank you for your help in this matter, sir.

**A** You bring up an excellent point that should serve as a reminder to all base residents. For those who smoke, please respect non-smokers by smoking in designated areas only. All Yokota residents, please politely request those observed violating no smoking policies to comply with posted smoking and non-smoking areas. Management does and will continue to approach customers and their employees if and when necessary, however they don't have the manpower to continuously patrol these areas. This is a community-wide issue that will take a community-wide effort to resolve. Let's all do our part.



# THE SHORT OF A LONG STORY

**Yokota's riggers help  
airlifters stay ready for  
mission, deployments**

By Senior Airman Katie Thomas  
Editor

You could almost call them the Old Saint Nicks of the airlifting world.

They are the 21-person combat mobility element that prepares and loads up the training bundles and pallets that the aircrews drop here.

This training opportunity is vital to the crews' readiness before deploying to locations across the world.

The element prepares and maintains four varieties of pallets and parachutes, explained Staff Sgt. Robert Carlson, CME member.

From the 64-inch pilot parachute to the 64-foot G-12E parachute, the Airmen spent anywhere from 30 minutes to one hour carefully packing each parachute they have. They repack parachutes each time after they are used, and the Airmen thoroughly check over each other's work to help prevent malfunctions. Airmen use technical orders, or instructions, every time they work with the equipment.

The Airmen also prepare various pallets for the aircrews to simulate actual drops. During deployments, aircrews can experience a wide range of payload to include medical supplies, Humvees, munitions, Meals Ready to Eat, paratroopers, and humanitarian supplies.

"There are no cutting corners around here," said Sergeant Carlson.

"We have to make sure that we do the same thing every time as it says in the technical orders. If we don't, then we would be putting people's lives in danger both in the air and on the ground."

The element travels throughout the Pacific region, said the CME Airmen. The Airmen have supported exercises and missions in Guam, Australia, India, Philippines, Malaysia, Thailand and Korea. They are also tasked with regular deployments to support Operation Enduring Freedom.

The annual Christmas drops mission to the Micronesian islands is a favorite among the CME Airmen. "It is so rewarding to do this mission each year. We rig up the care packages that Guam collects and packs to have them dropped. You know that you are really helping people with what you are doing," said Sergeant Carlson.

The Airmen explained that their career field is the same as the aerial port specialists at the 730th Air Mobility Squadron. Airmen can choose to come into CME as slots open up, said. The school is located at Pope Air Force Base, North Carolina.

"Becoming a rigger is a nice break from what we usually do in our career field," said Sergeant Carlson. "It is more than just working with passengers and cargo. We get to rig supplies to drop out of planes, and not many people can say that."

**AD**



## Off base

**Camp Tachikawa open house:** This Japan Ground Self-Defense Force camp is holding a disaster prevention fair Oct. 16 that will feature numerous emergency services including the Tokyo Fire Department and the Tokyo Metropolitan Police. The camp can be reached by taking a bus from the JR Chuo/Ome Line's Tachikawa Station to the Tachikawa Fire Station stop.

**Iruma Air Base air show:** This Japan Air Self-Defense Force base is hosting its service's premier demonstration team Blue Impulse Nov. 3 from 9 a.m. to 3 p.m. It is located near the Seibu Ikebukuro Line's Inariyama Kouen Station.

## On base

### Movies

**Today** – *Must Love Dogs*, PG-13, 7 p.m.; *Deuce Bigalow: European Gigolo*, R, 9:30 p.m.

**Saturday** – *Bad News Bears*, PG-13, 2 p.m.; *Must Love Dogs*, PG-13, 7 p.m.; *Deuce Bigalow: European Gigolo*, R, 9:30 p.m.

**Sunday** – *Bad News Bears*, PG-13, 2 p.m.; *The Devil's Rejects*, R, 7 p.m.

**Monday** – *Must Love Dogs*, PG-13, 7 p.m.

**Tuesday** – *The Devil's Rejects*, R, 7 p.m.

**Wednesday** – *The Island*, PG-13, 7 p.m.

**Thursday** – *Deuce Bigalow: European Gigolo*, R, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

### Holiday Greetings

The Hometown News Holiday Greetings team is visiting Yokota Oct. 3. Call 225-7338 to reserve a time slot to record a greeting to family and friends back home. Walk-ins are also welcome throughout the day.

### Climate survey

The Air Force climate survey begins Saturday and runs through Nov. 23. The survey provides ac-

tionable feedback for leadership to use in improving their units. All active duty, Reserve, Guard, and Air National Guard Airmen are encouraged to take the survey. To take the survey, visit <https://afclimatesurvey.af.mil>.

### Discussion panel

A public speaking class at University of Maryland University College is hosting a panel discussion Wednesday at 7 p.m. at the Family Support Center. Topics include: the effect of increased deployments on military families; video games and children; amusement parks of today; concerns about social security; and improving quality of life here.

### Retiree appreciation

The Enlisted Club is hosting a retiree appreciation day Oct. 13 beginning at 7:30 a.m. with a free breakfast buffet. The event includes information from civilian personnel, services, legal, finance, vehicle access and medical. All retirees, spouses and annuitants in the Kanto Plain are invited to attend. Call 225-8324.

### Civilian call

The civilian personnel flight is hosting a call for serviced-appropriated fund civilians Oct. 11 from 1 to 2 p.m. at the base theater. Topics include National Security Personnel System, noncombatant evacuation operations, emergency data system, alternate dispute resolution and more. Call 225-3907.

### Bazaar

The Yokota Officers' Spouses Club\* needs volunteers to help with the club's annual fall bazaar Oct. 15 and 16 at Hangar 15. Japanese and Korean translators are also needed to volunteer to help vendors. Volunteers receive early shopping privileges. E-mail [YOSCBazaarVolunteer@yahoo.com](mailto:YOSCBazaarVolunteer@yahoo.com) or call 227- 9672.

### Musicians needed

The Yokota Players\* are seeking musicians that play reeds, trumpet, trombone, horn, violin, cello,

bass and percussion for their November musical production of "Guys and Dolls." E-mail [nichollemcniece@hotmail.com](mailto:nichollemcniece@hotmail.com).

### Sunrise bakery

The *Fuji Flyer* misprinted the Sunrise Bakery and Cafe's new hours. It will begin its new Sunday hours of 7 to 11 a.m. beginning this Sunday.

### Contest

The Toastmasters International Yokota chapter\* is hosting a tall tales speech contest Oct. 8 at the base library from 2 to 3 p.m. The contest is open to the community.

### Arts and Crafts

The second annual Arts and Crafts Fair is scheduled for Oct. 29. Vendors can sign up now to sell items by calling 225-9044. The cost is \$35 or 3,800 yen for vendors to participate.

### Playgroup

The Educational and Developmental Intervention Services program is offering a limited number of slots for children age 13 to 30 months to participate in structured playgroups. Call 225-9993.

### Donations

The Combined Federal Campaign Overseas is now accepting donations to help Hurricane Katrina victims. Community members can make cash or check donations by visiting <http://www.cfccoverseas.org> or call 225-4210.

### Oktoberfest

The Officers' Club is hosting an Oktoberfest celebration tonight beginning at 6 p.m. behind the Outback restaurant. The party includes authentic German food, drink and music. It is an adults-only event.

### Talent contest

A family and teen talent contest is scheduled for Oct. 14 at the Taiyo Recreation Center. Performance categories include: parent and child, husband and wife, chil-

## Samurai Warrior



## of the Week



**Senior Airman  
Monica Marroquin**

Senior Airman Monica Marroquin, 374th Maintenance Squadron, is this week's Samurai Warrior of the Week for exhibiting the qualities of sympathy toward all people, sincerity and respect for one's word of honor, absolute loyalty to one's superior, and a duty to defend the honor of one's name and guild.

Airman Marroquin is a member of the 374th Maintenance Squadron commander's support staff. Her superior attention to detail and work ethic has led to the complete revampment of the unit fitness program. Her dedication has ensured 100 percent documentation accuracy and was benchmarked a "best practice" in a staff assistance visit. Additionally, she created internal processes for the commander's introduction program ensuring all new members are scheduled and properly welcomed into the Yokota family.

dren age categories, and family. Participants must sign up by Oct. 7 by calling 225-6955.

### Couples 'Fear Factor'

Family Advocacy is hosting a couple's "Fear Factor" at the base Natatorium Oct. 8 beginning at 9 a.m. Prizes include New Sanno hotel packages, an ITT tour for two, bowling certificates, and more. Call 225-3648 to enter.

### Car show

The Auto Hobby Shop is hosting a car show Oct. 15 from 10 a.m. to 8 p.m. in the parking area behind the shop. More than 70 cars will be on display along with entertainment and food booths. Prizes including tires, racing jackets and more will also be given away. Call 225-6898.

### Chapel events

The base chapel is hosting Sunday school classes at the Yokota Middle School on Sundays from 9 to 10:30 a.m. Classes are available for ages three to adult. Call 225-

7009 to register.

Confaternity of Christian Doctrine meets at the Yokota Middle School from 11 a.m. to 12:15 p.m. on Sundays. Classes are available for kindergarten to adult ages. Call 225-7009 to register.

### Chapel Schedule

**Traditional (West) Chapel**  
*Catholic:* Mass, Sundays at 9:15 a.m. and 5 p.m.

*Protestant:* Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 12:30 p.m.; Korean service, Sundays at 2 p.m.; Seventh Day Adventists, Saturdays at 9 a.m.

**Contemporary (East) Chapel**  
*Protestant:* Gospel service, Sundays at 11 a.m.; Contemporary service, Sundays at 5 p.m.

Call 225-7009.

### PO disclaimer

An asterisk (\*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

**AD**

## “Quotes” & Things

*“Interest your kids in bowling. Get them off the streets and into the alleys.”*

**Don Rickles**

**Volleyball:** The youth centers are holding girls’ volleyball registration for ages five to 15 from Oct. 3 to 14 at 11 a.m. to 4:30 p.m. Call 225-7422.

**Swim team:** The Yokota Stingrays swim team is looking for new members. Call 225-6133.

**Football Frenzy:** The Officers’ Club hosts Monday Night Football every Tuesday in the Samurai Lounge beginning at 7 p.m.

**Natatorium:** The base Natatorium will be closed Oct. 15 from 7 a.m. to 5 p.m. It will reopen Oct. 16 for its regular hours. Call 225-6133.

**Flight Center:** The Flight Training Center is offering private pilot ground school classes beginning Oct. 4. Classes are held every Tuesday and Friday from 6 to 9 p.m. in Bldg. 4304 on the east side. Call 225-8988.

**Bowling:** The base bowling alley is not closing Sept. 30 as previously announced. It will continue to operate, however there will be limited lanes. Call 225-7615.

**Tour de Tama:** The Tour de Tama mountain biking race is scheduled for Nov. 5 at 9 a.m. at Tama Hills. Sign-ups begin Oct. 6 and cost \$25 per person. All skill levels are welcome. Call 225-4552.

**Golf:** The Par 3 hosts a golf tournament every Wednesday between 10 a.m. and 7 p.m. Call 225-8815.

# Yoga stretches people into fitness



photo by 1st Lt. Ben Alumbaugh

**Community members perform basic Yoga movements Tuesday night at the Natatorium. Yoga helps stabilize metabolism, improve posture and circulation, and tone muscles. Classes are held Monday and Wednesday from 6 to 7 a.m. and 5 to 6 p.m.; Tuesday and Thursday from 5 to 6 p.m., and the first and third Saturday from 10 to 11 a.m.**

**By 1st Lt. Ben Alumbaugh**  
374th Airlift Wing Public Affairs

A lot of people hear the word Yoga and think of people in really uncomfortable positions meditating and getting in touch with their inner selves.

Others see it as a way of toning your body and mind.

“Yoga works core muscles, which are crucial for a person’s movement,” said Ms. Cassey Cisar, yoga teacher. “It’s also great for a person’s flexibility.”

Although the exercises of Yoga will not take off inches as quickly as more vigorous exercise, according to the American Yoga Society, it will improve shape by stabilizing metabolism, improving posture and circulation, and toning muscles in the arms, back, stomach, and legs.

“I’ve been taking yoga for a year now and I can definitely tell a difference in my muscle flexibility and definition,” said Master Sgt. Domin-

ique Brown. “Another great benefit of doing yoga is it has been an amazing stress reliever for me.”

The physical exercises are a series of slow and gentle stretches that gradually increase in complexity as the student becomes stronger and more flexible.

“Even though people think there isn’t much to yoga,” said Sergeant Brown. “It’s amazing how much effort it takes to perform the movements.”

Because yoga positions work on stretching and flexibility, it can be helpful both in preventing and in healing from an injury. People of all ages can do yoga, the movements can even be adapted for people with disabilities or special needs.

Yoga classes are available at the Natatorium on Monday and Wednesday from 6 to 7 a.m. and 5 to 6 p.m.; Tuesday and Thursday from 5 to 6 p.m., and the first and third Saturday from 10 to 11 a.m. Call the Natatorium at 225-6133.

## Diet, exercise help to combat bad cholesterol

Community encouraged to know risk factors, consult with health professionals

Most individuals do not know what their cholesterol numbers are, let alone what they mean.

People tend to want to know their numbers when they consider that high blood cholesterol is a major risk factor for heart disease.

Some cardiac risk factors are controllable such as cigarette smoking, high blood pressure, diabetes, overweight, and physical inactivity. Some risk factors you cannot control, such as your sex, age and family history.

The more risk factors individuals have, the greater the chance of developing heart disease. Fortunately, most of these risk factors are people can do something about – but that may require some changes in diet or level of physical activity.

When blood cholesterol is tested, community members want to shoot for a total cholesterol number under 200. The two main types of “carriers” of cholesterol in the blood are the high-density lipoproteins (HDL) and

low-density lipoproteins (LDL).

HDL is the “good” lipoprotein because it carries cholesterol away from the blood vessels. LDL is the “bad” lipoprotein because it keeps cholesterol in the blood vessels, forming fatty buildup.

People should want their HDL to be at least 35, and 60 or greater is very good. LDL should be less than 130, and try to keep it under 100 if community members have had a heart attack or if they have diabetes.

An important step in lowering cholesterol is a low fat, low cholesterol diet. This includes consuming no more than 30 percent of total daily calories from fat and no more than eight to 10 percent of calories from saturated fat. Dietary cholesterol is found only in animal products but community members may be surprised to learn that the human body actually produces cholesterol in the liver.

The American Heart Association notes that the average American ingests an average of

450 milligrams of dietary cholesterol each day but recommends an intake of less than 300 milligrams per day.

People should start by making gradual improvements in their diet. Dietary cholesterol should not be confused with fat. Although some foods are high in fat and cholesterol, others such as organ meats, contain little fat but have a lot of cholesterol. Read the food labels to help choose foods that are low in both fat and cholesterol.

Choose foods that contain no more than three grams of fat per 100 calories. Individuals should try to limit their diet to six ounces of lean meat, fish, or poultry per day. Avoid nuts or fried foods and limit sodium intake to 400 milligrams per serving.

Eat more grains, fiber and starches.

Contact the local Health and Wellness Center at 225-8322, or nutritionist at 225-3590 for further guidance on how to eat a healthy, well-rounded diet.

(Courtesy of 374th Medical Group)

# AD